

**BUILDING**

**SELF-IDENTITY**

# What is Self-Identity?

Self-identity is the recognition of individual characteristics exposed to the social context or environment

# Meaning

Our identity represents our personality; habit, behavior, attitude, skills, and cognitive thinking.

In order to  
build a healthy  
value system  
first of all

*we have to discover and  
know our identity. Who  
we are, our likes, hates  
and many more*

# Developing identity

Questions to ask ourselves

Who are you?

How well do you  
know yourself?

Do you know your  
likes?



Do you know your  
hates/dislikes?

what skills do you  
posses?

Do you know your  
habits?

what is your general  
view of life?

Do you have any  
virtues or values you  
rule life with?

what are these  
values?

How often do  
you use these  
values?

What problems  
do you encounter  
when executing  
your values?



Do you think you  
need to change  
these values?

Then, it is time to make  
confession to yourself and  
start the habit of value  
creation and implement it  
through a bit of  
reflection/Assesment and  
writing/recording



# Journaling



Make a conclusion  
of who you are and  
prepare yourself  
for change

*Kindly Note*

Identity can be changed or improved if you want to, because all power has been given to you from GOD to rule and possess your lives and lands. The decision is yours.